HELP SANTA WATCH HIS WEIGHT
WITH WHOLE-WHEAT PECAN WAFERS {page 16}

TECH HAS CHANGED THE GAME
FOCUS ON CONTINUING EDUCATION {pages 20-22}

SET LIST
WHY WOULD CYRUS SWITCH?
DISH {page 12}

VANCOUVER metro®
Tuesday, November 23, 2010
www.metronews.ca
News worth sharing.

Google maps out city's bike routes

Ottawa is first city in Canada to go online with Google Bike Directions Other Canadian cities that will feature the service include Toronto, Edmonton, Vancouver, Calgary, Winnipeg, Gatineau and Waterloo

KRISTEN THOMPSON
@METRONEWS.CA

Biking in Vancouver promises to get easier — especially if you carry a BlackBerry or iPhone — when Google Maps launches its new biking-directions feature this week.

The search engine, which will be posting data on cycling routes in eight Canadian cities, aims to help those who use pedal power get around quickly and safely.

Roads will be colour-coded according to their suitability for biking.

The feature will highlight bike-only trails, dedicated bike lanes along roads, and streets without bike lanes that are still suitable for biking.

Passenger. Can't catch him

▶ The Gingerbread Man rides the miniature train yesterday amid preparations for Bright Nights in Stanley Park. The event, which features more than three million lights, officially begins on Friday. Story, page 3.

JENNIFER GAUTHIER/FOR METRO

Firefighters hope to raise $200K during Bright Nights

Polygamy trial

CBC's broadcast bid denied

B.C. chief justice declares now 'not the time' to revisit cameras-in-court issue {page 3}

Stilwell throws her hat in ring

Low-profile MLA announces bid for Liberal leadership {page 4}

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Polygamy trial will not be televised

A last-minute appeal by the CBC to broadcast live coverage of a precedent-setting Vancouver polygamy trial was refused yesterday, with B.C. Chief Justice Robert Bauman declaring that it was "not the time to advance the debate" regarding television cameras in Canadian courtrooms.

Opening day discussions in the contentious hearing — which will eventually rule on the constitutionality of Canada's 19th-century anti-polygamy laws — were largely devoted to the matter of filming its proceedings, with advocates on both sides voicing strong opinions.

CBC attorney Daniel Henry, one of several dozen lawyers present representing a diverse assortment of activists and interest groups, argued that airing proceedings — expected to last two and a half months — on television and the Internet would assist the public in following a case of "tremendous public interest."

Supportive arguments were also put forward by counsel for B.C. attorney general and the court-appointed legal representative for various polygamist communities.

It was ultimately the opposition of the attorney general of Canada that doomed the bid, however, as Justice Bauman stated he was uncomfortable moving forward with a courtroom reform opposed by one of the "main parties" in the case.

Regular opening statements in the hearing are scheduled to continue for the remainder of the week. J.J. MCCULLOUGH

JENNIFER GAUTHIER/FOR METRO

▶ Tony Hamaliuk, Stanley Park's miniature-train engineer, rides the train yesterday.

All aboard for some fun

- Annual firefighters' fundraising event runs until Jan. 2
- Event is closed for Christmas Day

JENNIFER GAUTHIER
VANCOUVER@METRONEWS.CA

The lights will shine bright for the holidays in Stanley Park this Friday when the 13th annual Bright Nights gets underway.

The joint event between the Vancouver Park Board and the B.C. Professional Fire Fighters' Burn Fund aims to raise $200,000 for the charity.

More than 500 firefighters from around the province have volunteered more than 8,000 hours to set up lights and operate the displays.

The park will be illuminated by more than three million lights, mostly LEDs.

More than 250,000 visitors are expected to attend this year's Canada-themed event, which features hot cider, roasted chestnuts and a stilt performance by Mortal Coil.

Donations will be accepted at the gate.

Tickets, which include admission to the children's farmyard and a train ride, are available at ticketmaster.ca and at the ticket office on the train plaza.

What it's about

- Organizers hope the annual all-ages event raises $200,000 for the B.C. Professional Fire Fighters' Burn Fund.
- Bright Nights raised $178,000 for the charity in 2009.

1 news

Bolivia welcomes U.S. official with a stern lecture on U.S. behaviour. Scan the code for the story.

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ARREST

Sex offender caught allegedly watching children

An off-duty Vancouver police officer is being credited for spotting a known sex offender allegedly watching children at a community centre — a violation of his parole — and detaining the man until help arrived.

The suspect, who has a record of sex crimes against children, was allegedly watching toddlers at Mount Pleasant Community Centre on Saturday, even though he is prohibited from being within 100 metres of the facility.

Donald William Snow, 55, appeared in court yesterday. KRISTEN THOMPSON

Hearing in Taser incident

A public hearing will look at the reasons why a B.C. Transit Police officer fired his Taser at an intoxicated man in a SkyTrain stairwell in September 2007.

Const. Dan Dickhout was conducting fare checks when he encountered Christopher Andrew Lypchuk, who had not paid his fare and had two beer cans in his possession.

Following a pursuit into a stairwell, Lypchuk was hit with a Taser and fell. He suffered injuries to his head.

An external investigation conducted by the VPD in 2008 said the allegation was unsubstantiated. The decision was later overturned. JENNIFER GAUTHIER

Stilwell battling anonymity in bid

CONTRIBUTED

▶ Moira Stilwell, MLA for Vancouver-Langara, announced that she will run for the leadership of the B.C. Liberal Party yesterday.

Vancouver-Langara MLA first candidate in race to replace Campbell

JEFF HODSON
@METRONEWS.CA

Leadership race

▶ Members of B.C. Liberal Party will decide Feb. 26 who will be the province's next premier.

The biggest challenge Moira Stilwell faces in her bid to become B.C.'s next premier is the fact that many people don't know who the heck she is, the first-term MLA for Vancouver-Langara said yesterday.

Stilwell, B.C.'s minister of economic and skills development, announced yesterday that she was resigning from cabinet and was throwing her hat into the ring to replace Gordon Campbell.

"I look forward to letting people get to know me and see my life experience," said Stilwell, who was elected in 2009 and is a radiologist and nuclear medicine physician by trade.

"They will judge what kind of person and experiences they think are best to lead and I think I have something different."

Stilwell wants to raise the minimum wage and said she would like to hold a vote on the HST sooner than the fall. She also wants to focus on "people capital," identifying the jobs of the future and getting people trained to do them.

Former Lt.-Gov. dies

Flags will fly half-mast at provincial buildings this week to commemorate former B.C. Lt.-Gov. David Lam, who died yesterday from prostate cancer at 87.

Lam was the the country's first Asian-Canadian lieutenant-governor, serving from 1988 to 1995. METRO

Man, 80, killed by bike

An 80-year-old man has died after being hit by a cyclist while crossing Main Street a few blocks south of King Edward Avenue.

The accident happened around 6:30 a.m. on Nov. 17. Anyone who witnessed the collision is asked to call police. KRISTEN THOMPSON

Dispute rages over costs in B.C. man's death

A Cranbrook man thought he was covered when he bought travel medical insurance ahead of his vacation, but his family says he ended up stranded in a third-world hospital bed after he suffered a traumatic brain injury.

For weeks following the Nov. 5 accident, Mike Donald's family says they tried to get him back to British Columbia but the insurance company was fighting with the hotel in the Dominican Republic over the $30,000 hospital bill.

Donald died Saturday, two weeks after falling and hitting his head beside the pool at his hotel.

Now the family says neither the hotel nor the insurance company have agreed to cover the costs of bringing his body home.

The insurer, Travel Underwriters, did not immediately respond to a request for comment but the family said they were told that the 33-year-old's medical travel insurance didn't cover accidents that happen in the hotel, which are the hotel's responsibility.

Donald's mother and one of his sisters are still in the Dominican Republic, where they joined his girlfriend following his accident. THE CANADIAN PRESS

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Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals.

While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

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Breakdown delays mine rescue effort

Mechanical issues hamper attempt to locate missing miners No confirmation of survival yet

The bid to rescue 29 New Zealand coal miners trapped underground by a massive gas explosion ran into more problems today as a mechanical robot broke down inside a tunnel and hard rock layers slowed progress on drilling to test the air.

Police Supt. Gary Knowles said the army robot sent in to transmit pictures and assess toxic gas levels was damaged by water and is out of commission. Authorities were urgently seeking other such robots from West Australia and the U.S. to replace the broken one, Knowles said.

"I won't send people in to recover a robot if their lives are in danger," he said. "Toxicity is still too unstable to send rescue teams in."

WILLIAM WEST/GETTY IMAGES

▶ Friends of the 29 missing coal miners comfort each other.

Making matters worse, the drilling team boring into the mine tunnel had hit "very hard rock" overnight, Knowles said.

The police superintendent's statements came as rescuers waited impatiently for a chance to test whether air quality underground was safe enough for them to go in to pull out the miners, who have been trapped for nearly five days.

Family members have expressed frustration with the pace of the response as officials acknowledge it may be too late to save the miners, who have not been heard from since a massive explosion ripped through the Pike River Mine on the country's South Island on Friday.

THE ASSOCIATED PRESS

Toronto. Sex laws

▶ Dominatrix Terri-Jean Bedford, right, is hugged by friend and fellow sex worker Valerie Scott outside the Ontario Court of Appeal yesterday.

MEGAN ANNS

Court considers prostitution law

Bowing to speculation that Canada will be plunged into a wild social experiment in prostitution if a landmark court ruling stands means turning a blind eye to violence against sex-trade workers, court heard yesterday. It's now up to an Ontario Appeals Court judge to decide if what amounts to decriminalized prostitution should come to the province, as another judge ruled, or if the ruling should be put on hold to allow Parliament to craft stop-gap measures.

Apparently, some are just know-it-alls

Baby boomers in the U.S. are the unhappiest age group when it comes to their sex life.

Yet, a majority of boomers think they have learned just about all there is to know on the subject — and more women than men are confident of their knowledge — according to a new Associated Press-LifeGoesStrong.com poll.

Among people aged 45 to 65, 59 per cent of women think they know all about sex, while just 48 per cent of men share that confidence level.

"I don't think a single person in the whole world knows all there is about sex," commented Debby Herbenick of the Center for Sexual Health Promotion at Indiana University.

"Women historically have more resources," to learn about sex, noted Jennifer Bass, director of communications at the Kinsey Institute for Sex, Gender and Reproduction.

Among age groups, baby boomers are the unhappiest with their sex lives.

Some 24 per cent say they are dissatisfied, compared with 12 per cent of 18-29 year olds, 20 per cent of 30-44 year olds and 17 per cent of those over 65.

A majority of female boomers — 56 per cent — say their sex drive has decreased as they have gotten older, compared with 46 per cent of men.

BARRY Z. LEVINE/GETTY IMAGES

▶ A couple kiss at Woodstock in 1969.

Seventy-two per cent of men aged 45-65 have fantasized about having sex with someone other than their sexual partner at the time, compared with 48 per cent of women.

THE CANADIAN PRESS

Age an issue

- The poll found that among those aged 45 to 55, nearly half the men — 48 per cent — complained that their partners do not want to have sex as often as they do, while just 13 per cent of women in that age group say the same. At that age, women tend to be going into menopause.
- There is less disagreement between the sexes between 55 and 65, with majorities of both men and women saying couples can have a strong relationship without sexual activity. Some 59 per cent of men at that age, and 69 per cent of women, agreed with that.

29 Chinese miners lifted to safety

All 29 miners trapped in a flooded Chinese coal mine were lifted to safety yesterday, ending a daylong rescue drama, state media reported. The miners were trapped Sunday morning after the small Batian mine in southwest Chinas Sichuan province suddenly flooded. Rescuers initially thought only 28 were trapped but made contact with the workers and revised the figure upward to 29. China's mines are the deadliest in the world, with more than 2,600 people killed in coal mine accidents in 2009 alone. THE ASSOCIATED PRESS

Boy briefly detained

A 13-year-old U.S. boy campaigning to turn the demilitarized zone between North and South Korea into a peace park tried to get the Chinese president's attention yesterday, staging a brief protest near Tiananmen Square before being led away by police. Jonathan Lee unfurled a sign saying "peace treaty" and "nuclear free DMZ children's peace forest" as he stood near the square in central Beijing. Police held Lee and his mother for a few hours.

THE ASSOCIATED PRESS

HOANG DINH NAM/GETTY IMAGES

▶ Jonathan Lee

Anti-bullying legislation passed

A New Jersey law against bullying in schools, which advocates call America's toughest because it requires schools to develop anti-harassment programs, was approved yesterday.

The state General Assembly and Senate both passed the bill overwhelmingly and sent it to the desk of Republican Gov. Chris Christie.

The bill would require anti-bullying programs in public schools and language in college codes of conduct to address bullying.

THE ASSOCIATED PRESS

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MOM AND DAD, IS THAT REALLY YOU?

She says ...

JESSICA NAPIER

I hate to admit it, but my parents are 100 per cent cooler than me and they always have been.

I have a beautiful retro photograph of a 24-year-old version of my mother wearing high-heel clogs posing against a motorcycle somewhere off the 101 freeway in California. Every time I look at it I wonder, who is that hot young thing and why the hell did she throw away those gorgeous shoes? All of the old Polaroids of my long-haired, short-short wearing father evoke the same sort of reaction.

Are these people really my parents?

As children it's hard to imagine, but the older we get the more we come to realize that, yes, mom and dad did have a life before we came along, and it was pretty awesome.

As I rummage through the photo albums of my parents' past I can't help but feel nostalgic for them and also a little bit guilty. Am I responsible for turning these freewheeling, cowboy-boot wearing flower children into responsible adults with a mortgage and a minivan?

Crowd-sourced photo blog myparentswereawesome.tumblr.com/ celebrates the lives of moms and dads before the house in the suburbs and the sensible footwear. Creator Eliot Glazer asks contributors to submit photographs of "parents when they were super-awesome." The result is a beautifully curated collection of weathered images that feature feathered hair, outrageous fashions and plenty of oversized glasses.

"Theirs was a passionate generation that embraced recreational drug use, free love and real political activism."

Growing up in the '60s and '70s, our parents couldn't help being hip. Theirs was a passionate generation that embraced recreational drug use, free love and real political activism. They had better music, better clothes, better facial hair (outstanding Movember 'staches aside) and probably a lot more fun.

What do we have? Sky-high rent, digital friendships and bedbugs.

To this day I know my parents still are a little bit cooler than I'll ever be (even though they still own that minivan). I'm pretty sure that had we been the same age in their youth they wouldn't have even hung out with me. Back then they were rebellious hippies that travelled the world. Today, they're just greying versions of those same adventurous people.

I did eventually get myself a pair of clogs. I thought they were pretty great. When I showed them to my mother she just rolled her eyes and laughed, "Those are nice darling, but I had the originals."

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Sink your teeth into this

Worth mentioning

With their pointy teeth and fearsome reputations, sharks may not be the best poster child for species in danger, but environmentalists say the predators are in dire need of protection.

Marine experts and conservation groups hope an Atlantic conservation conference in Paris this week will bolster what they say are disastrously inadequate rules on shark capture.

Conservation group Oceana wants delegates to toughen the existing ban on shark-finning — the practice of slashing prized fins off the animals and tossing them overboard to die — as well as prohibiting the capture of some threatened Atlantic sharks and setting catch limits for others.

Conservation groups say the rise of Asia's middle class, combined with the continent's penchant for pricey shark fin soup, a traditional delicacy, has turned sharks into a lucrative target.

"It's time the world looks at sharks and starts to set serious measures to save them, otherwise these creatures that have been around since before the time of the dinosaur will quickly go the way of the dinosaur," said Matt Rand, director for global shark conservation at the Pew Environment Group.

THE ASSOCIATED PRESS

Disappearing act

Is 3-D just another fad or here to stay?

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Metro Minute with Greenest City

A web seminar will be held at noon today for residents looking to find out more about Vancouver's Greenest City action plan.

Greenest City 2020 is Mayor Gregor Robertson's initiative to make Vancouver the most eco-friendly city in the world by the end of the next decade.

Initiative planners Lindsay Cole and Hugo Haley will take part in the chat and present the latest draft strategies with a focus on district energy, climate leadership, transportation and green buildings.

The webinar is hosted by the B.C. Sustainable Energy Association. You must register to take part. Visit bcsea.org for more.

KIMIYA SHOKOOHI

▶ A web seminar will be held at noon today for Greenest City 2020. Visit bcsea.org for more.

Tax cuts in store for 2011

Flaherty predicts future capital investment of $49 billion and 233,000 new jobs as a result of cuts now

Ottawa will continue to cut business taxes to spur job creation, but plans no major new spending programs in the coming budget as it tries to tame the deficit, says Finance Minister Jim Flaherty.

In a speech yesterday, Flaherty said the federal government will move ahead with plans to reduce taxes for small and medium-sized businesses next year, part of legislation passed in 2007.

"To increases taxes on businesses now, as some of our opponents are proposing, would put hundreds of thousands of jobs in jeopardy at a time when our economy remains fragile," the minister told the Oakville Chamber of Commerce as he continued a series of pre-budget consultations.

In Montreal, federal Conservative MP Maxime Bernier predicted that Flaherty will table a tough budget early next year.

"The next budget will be a tough budget, it will be a conservative budget," said Bernier, who has been generating attention in recent months for what some call his near-libertarian economic views.

"We will cut spending in the next budget and (we can) be sure that we will balance the budget as soon as possible." Bernier said in an interview after a speech to the Montreal Economic Institute.

THE CANADIAN PRESS

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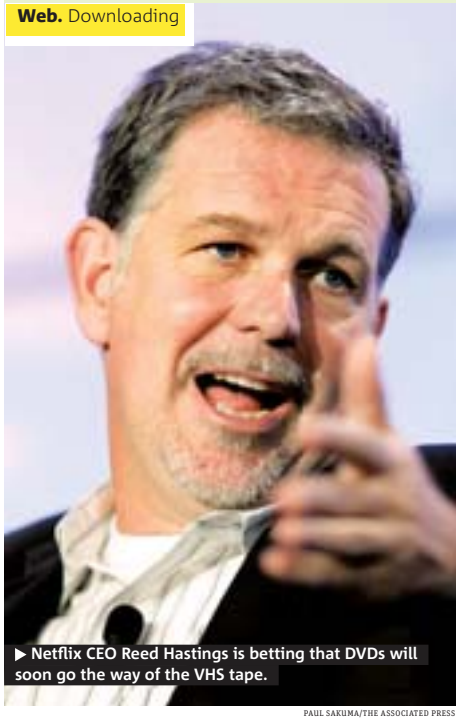

▶ Netflix CEO Reed Hastings is betting that DVDs will soon go the way of the VHS tape.

PAUL SAKUMA/THE ASSOCIATED PRESS

DVD to become obsolete?

Netflix shares soared yesterday after the U.S. video rental giant announced a subscription plan for unlimited streaming of movies and television shows over the web that does not require signing up to rent and receive DVDs by mail.

$1B case against Shoppers Drug Mart

Shoppers Drug Mart Corp. says it's being sued for $1 billion by two of its licensed associate-owners, who are alleging breach of contract by the Toronto-based pharmacy company.

Shoppers announced few details of the alleged infractions except to say the plaintiffs, who are seeking class-action status, claim Shoppers collected or kept money or benefits beyond what was contractually permitted. THE CANADIAN PRESS

Wireless printing

Apple says new software available Monday will allow owners of the iPhone, iPod Touch and iPad to print wirelessly over Wi-Fi networks.

The update will allow users to switch between applications, a feature already available on recent models of the iPhone and iPod, and addresses one of the key drawbacks identified by Apple fans.

THE ASSOCIATED PRESS

Technology

Wireless printing has come to the iPad with newly available mobile software

While the company's mobile gadgets can connect to computers for transferring files, they don't have ports for hooking up with printers or USB drives.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 27.32 (12,929.01)	+ 0.05¢ (98.28¢ US)
Oil	**Natural gas 1,000 cu ft**
– 24¢ US ($81.74 US)	$4.271 (+ 10.7¢) **Gold contracts** $1,357.80 (+ $5.50)

2 scene

Nickelback

Chad Kroeger and Nickelback were among the big winners at the Society of Composers, Authors and Music Publishers of Canada awards yesterday. They won for the songs Gotta Be Somebody and If Today Was Your Last Day. Other winners at the annual awards included Johnny Reid, The Road Hammers, George Canyon, Doc Walker and Great Big Sea. Spirit of the West was presented with the National Achievement Award for its career.

METRO

Inside the Disney Vault: Epic Mickey video game draws on Disney history

▶ Mother Gothel, voiced by Donna Murphy, left, and Rapunzel, voiced by Mandy Moore, are shown in a scene from the animated film, Tangled.

A Disney princess-sized dream: Moore

In animated movie, her character Princess Rapunzel is much more than the damsel in distress, Mandy Moore says ◗ Rapunzel story has a feminist streak

NED EHRBAR
METRO WORLD NEWS IN HOLLYWOOD

The classic tale of Rapunzel gets reincarnated once again in Tangled, Disney's 50th animated feature. Renamed because the studio felt last year's The Princess and the Frog would've fared better had it not had the word Princess in the title, Tangled infuses the classic story with a strong feminist streak, with former pop-star Mandy Moore taking on the lead role.

"You can't get more classic than being part of a Disney animated film," Moore says. "For me, that's something I'll have in my back pocket for the rest of my life and I feel so honoured, so lucky, to think this film will be around long after I'm gone."

"To be a Disney princess in a Disney film, it has been a total dream come true."
MANDY MOORE, TANGLED

And it wasn't just career bragging rights that drew Moore to the project. "I loved having the opportunity to portray a young woman who is so fearless," she says. "She's not a victim, she's not naïve; she's open and warm, engaged and spirited and ready to embrace the unknown, whatever comes her way. What I knew about Rapunzel was the sort of damsel in distress who lets down her hair so the prince can save her, and our story kind of flips that on its head."

Moore facts

Disney's 50th animated feature showcases Mandy Moore as Rapunzel.

Pop hits
Moore launched to fame in the late 1990s after releasing pop album I Wanna Be with You.

Background
Born Amanda Leigh Mandy Moore on April 10, 1984, in Nashua, N.H.

GETTY IMAGES

▶ Billy Bob Thornton says he is not happy with the films coming out of Hollywood.

Teaching a lesson through a tale of violence

Billy Bob Thornton stars as a flawed cop set out for revenge Says movies today made for video game generation

NED EHRBAR
METRO WORLD NEWS IN HOLLYWOOD

Billy Bob Thornton isn't exactly pleased with what's been coming out of Hollywood lately — to put it lightly.

"In our current state of affairs, especially in the entertainment business, we're living in a time when we're making — in my humble opinion — the worst movies in history," Thornton says.

"They're geared toward the video game-playing generation. And these video games, which I'm on my son about constantly, these games are people killing for fun, and I think traditionally in movies there's always been some kind of lesson in the violent movies."

It's that idea of a lesson that drew him to his latest film, Faster, a violent tale of an ex-con (Dwayne Johnson) on a bloody quest for revenge against the people who set him up. Thornton stars as a heavily flawed cop on his trail. "This movie doesn't say, 'Oh, here's this fun guy and we're going to do this tongue-in-cheek character right out of a video game who likes to destroy things' and all this kind of thing.

"Most movies are about vampires and 3-D or fantasy movies and war eagles and all these kinds of things, or whatever they are."
BILLY BOB THORNTON,

"This movie actually shows what prisons create, what murder creates. It shows this perpetual, violent string of events," he says.

Thornton's character, simply named Cop in the film, has plenty of issues, including drug problems and an ex-wife threatening to strip him of custody to their son.

"One of the flaws in most commercial action movies is that the characters are usually not very developed," Thornton says.

"A lot of times you'll have the movie-star hero and then some bad guys who are just there to be killed by the hero, and they're nameless, faceless people. And as a result, you're usually not afraid of them because you don't see them ask somebody to pass the salt, you don't see them with their kids."

Another aspect that drew him to Faster was the lack of computer effects, giving the film an almost retro feel.

"But this movie did not rely on computers and things like that. People are saying it was like a '70s movie. It kind of is. It does have a contemporary feel because of the editing and all this kind of stuff, the sound design.

"But, at the same time, it is a real movie. If we're chasing each other down a hallway, it's a hallway."

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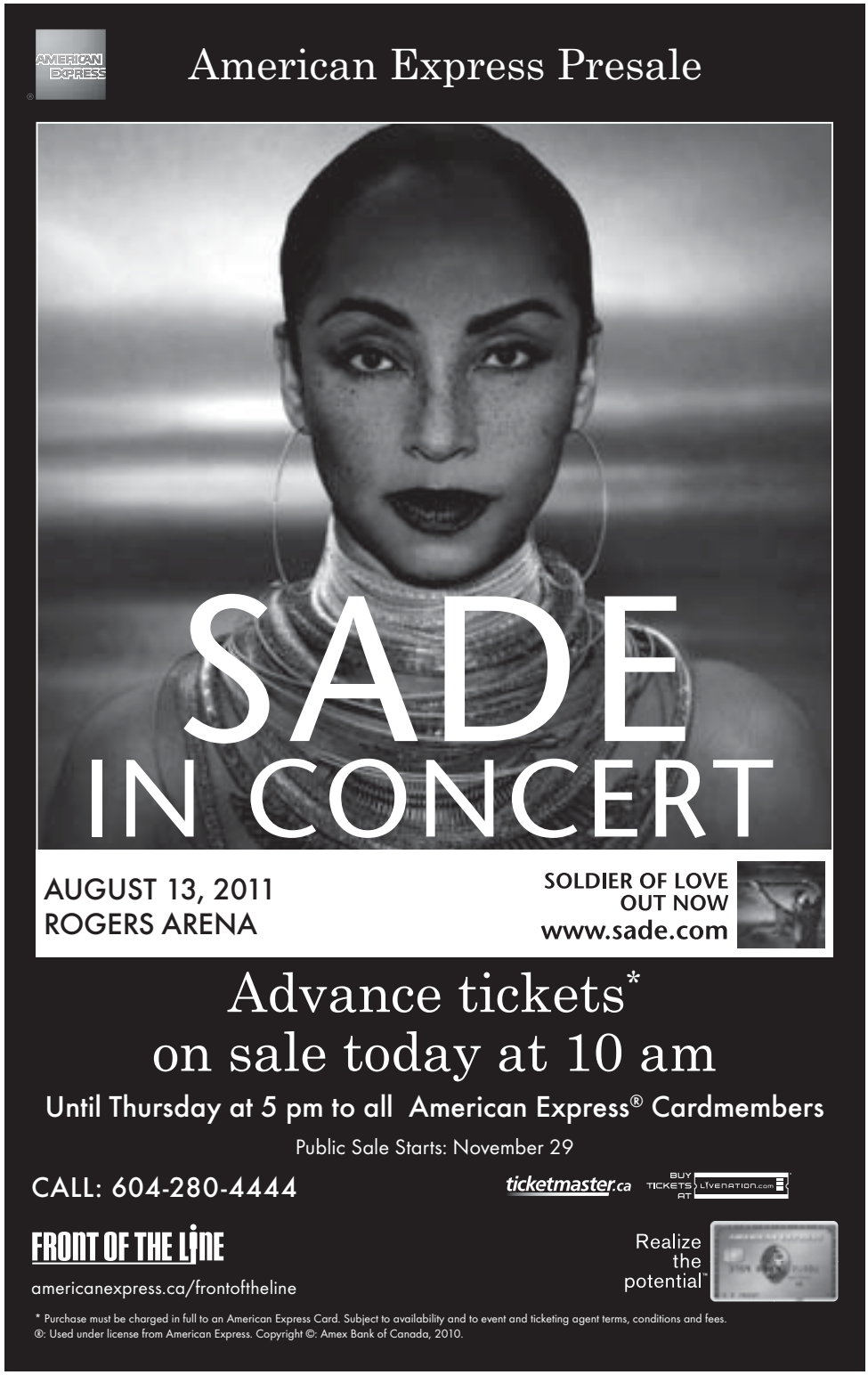
There will be no Princess Katy

Now that she's engaged to Prince William, Kate Middleton is reportedly losing the nickname and going by Catherine, according to Us Weekly. And it's not a request that came from William's royal family.

"This was not a request by any officials or the Palace. It's a concerted effort from Kate to be taken more seriously," royals expert Katie Nicholls tells the magazine.

METRO

▶ Kate Middleton and her Prince.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Model: Tony Parker hit on me too

Tony Parker has denied any inappropriateness with a teammate's wife in the lead-up to his current divorce battle with Eva Longoria.

But now another woman has come forward claiming to have received flirtatious text messages from the basketball star.

"From the minute he met me he was trying it on," British model Sophia Egeler tells the Sun. "I had no idea he was Eva Longoria's husband. He would not take no for an answer and was telling me how much he liked me."

Egeler claims Parker followed up their initial meeting by sending her racy pictures and texts, though she says the messages stopped last week when the divorce news broke.

METRO

Lohan can't go home for Thanksgiving

Lindsay Lohan's bid to leave the Betty Ford Center and fly home to New York for Thanksgiving failed, so the troubled actress will be spending the holiday in California with her father, Michael Lohan, according to TMZ.

Michael has been staying in a home near the rehab centre. METRO

Celebrity tweets

Pink [@Pink] Hahahaaa-hahaaaaa I can't believe people are mad because I don't think Sarah Palin should be in the rock n roll hall of fame..

Jessica Alba [@jessica alba] Getting some Xmas shopping done - what are ur fav eco gifts 4 kids? Women? Men?

Ben Stiller [@RedHourBen] Shooting on a rooftop in Queens. Another beautiful day. But it is getting colder by the minute...

Russell Brand [@rusty-rockets] Watching self on Larry King. Achievement diminished in ad break by catheter commercial.

Talking points

Just the wrong song

PAINFUL? Miley Cyrus performed a heartfelt rendition of her song, Forgiveness and Love, at the American Music Awards, but it's not what she was reportedly planning to sing.

"For a while she'd been planning to do Every Rose Has Its Thorn, but then a few days ago she switched it," a source says.

Perhaps not coincidentally, Every Rose Has its Thorn is a cover of a song by Bret Michaels' band, Poison — and Michaels was rumored to be at the centre of Cyrus' parents' divorce.

METRO

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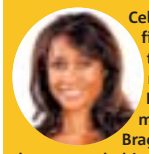

Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette, gives Metro tips on getting ready for the big day:

1. **Exercise:** any form of physical activity will clear your head and make you feel better.
2. **Eat Right:** eliminate simple sugars and sodium before the big day to avoid feeling bloated.
3. **Hydrate:** drink lots of water to keep energized and give your skin a glowing look.

METRO WORLD NEWS

Darvon maker to withdraw painkiller after evidence of heart risks: US agency

Work it

How to get wedding fit

TWISTING LUNGE

- Stand with feet hip-distance apart, holding lightweights in each hand. Take a large step backward with your left foot. Turn around, pivoting your right foot to the left, so that the left foot is now facing forward. Lower the weights to the floor, being careful to keep your left knee in line with the ankle. Pivot back to the centre and repeat on the opposite leg.

SQUATS

- Stand with feet shoulder-width apart, holding your dumbbells by your sides. Imagine you're about to sit in a chair—keeping your back straight, slowly squat down until your thighs are almost parallel with the floor. Slowly push yourself back into a standing position and repeat.

REACHING LUNGE

- Stand with feet hip-distance apart, holding a light set of dumbbells. Take a step forward with your left foot. Reach down to tap the weights to the floor in front of your left foot. Keep your left knee over your ankle and your hips high. Your body weight should be on the front foot. Push off and come back to a standing position.

LUNGES

- Stand with feet hip-width apart, holding dumbbells by your sides. Take a normal step backward with your left foot, and then lower your hips.

METRO WORLD NEWS

FLICKR CC FITWEDDNGDAY

Wow at your wedding

A personal trainer to the stars explains how you can look your best on the big day If it worked for Penelope Cruz, it may work for you

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

"Your wedding is your big day, your moment to shine in front of your friends and family, you'll want to look your best," explains Gunnar Peterson, personal trainer to celebrities including Jennifer Lopez and Penelope Cruz.

Everything becomes magnified on your wedding day. Emotions become more intense and and every fat bulge, is meticulously captured on high-def camera.

"The quality of film is so good that every little imperfection is visible, from a wrinkle to a blemish. The bride and groom can feel self-conscious."

If you're comfortable in your own skin, turn the page. But if you need a little change, read on.

Getting ready for the big day

Most people make time before their wedding to get into better shape.

"People work well to a deadline, so a set date is the first step," says Peterson, who also believes that working towards a goal makes things more achievable. "Once you know you have six months to lose say ten or so kilos, you can devise a plan of action."

If you want quick results, make changes to your fitness regime and integrate exercise into your day-to-day immediately. According to Petersen, you could even jump the gun.

"A guy should start working out before he proposes and a girl should start working out as soon as she thinks the guy is about to propose."

FLICKR CC RASDOURIAN

▶ They will cherish this moment, and their abs, forever.

Working it out

Treat your workout sessions as you would an appointment.

"Allow for an allocated time slot at a time of the day that you know works for you," says Peterson.

Think about what kind of body shape you want. Wedding clothes are figure hugging so aim to develop longer, leaner limbs. Peterson gets his clients to combine cardio vascular moves with light weights for the best results.

"You want to be efficient combine 'big' moves such as squats and lunges with running or aerobics and weights to tone up and burn calorie," says Peterson. "Make small changes, such as cutting out complex carbohydrates from your evening meal."

The reward?

"Eat cake at your wedding," says Peterson, "and have a glass of champagne to go with it."

The honeymoon period

After the wedding, on your vacation, give in to indulgence, even if they are not the healthiest. You'll never get a free pass like this again. Sleep in and allow yourself to drink moderate (moderate!) amounts of alcohol and don't fret if you are not doing as much exercise as you did pre-wedding. Don't, however, keep up this laid back routine once you are back home or all your hard efforts would have gone to waste.

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A fresh choice for fall

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The massive Boisset Family Estates include French producers like Bouchard Aîné & Fils, and Louis Bernard along with vineyards in California.

With such a cornucopia of wine under the wing of owner Jean-Charles Boisset, it's hard to focus on just one for this column.

The 2008 Louis Bernard Côtes du Rhône ($11.65 – $13.99) is a nice introduction to the Boisset group. A mix of grenache and syrah; it's a fresh, fall-like wine with oodles of red berry fruit that's a great match for late season barbecues.

A healthy snack for Santa

Pecans and whole wheat flour make these cinnamon cookies nutritious as well as tasty

LARRY CROWE/THE ASSOCIATED PRESS

▶ Pecan-cinnamon wafers

Cookies are the perfect portion-controlled treat that — when enjoyed in moderation — can be a better option than a big wedge of pie or cake.

Of course, the add-ins for a cookie can also be its nutritional downfall, so rather than chocolate chips or other candy, you might want to add ingredients, such as nuts or dried fruits.

These classic, crispy cookies are made with 100 per cent whole-wheat pastry flour and are laced with healthy, monounsaturated fat-rich pecans.

Preparation:

1. In a bowl, use an electric mixer on medium-high to beat butter, 125 ml (1/2 cup) of the granulated sugar and brown sugar until creamy. Add egg and vanilla and beat well.
2. In a medium bowl, combine flour, baking powder and salt, then add to butter mixture. Beat on low speed until combined. Stir in pecans.
3. Divide dough in half and use lightly floured hands to shape each portion into a 15-cm (6-inch) log. Wrap each log in waxed paper and place in the freezer until firm, at least 1 hour.
4. Heat oven to 180 C (350 F). Unwrap dough and let stand at room temperature for 5 minutes. On a shallow plate combine remaining 50 ml (1/4 cup) granulated sugar and cinnamon. Roll logs in sugar mixture, then slice each into 24 5-mm (1/4-inch) thick cookies. Place cookies about 6 cm (2 1/2 inches) apart on ungreased baking sheets.
5. Bake, one batch at a time, until lightly browned, 10 to 12 minutes. Transfer to wire racks to cool. Makes 48 cookies.

THE ASSOCIATED PRESS

Ingredients:

- 125 ml (1/2 cup or 1 stick) unsalted butter
- 175 ml (3/4 cup) granulated sugar, divided
- 50 ml (1/4 cup) packed light brown sugar
- 1 large egg
- 5 ml (1 tsp) vanilla extract
- 300 ml (1 1/4 cups) whole-wheat pastry flour
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 250 ml (1 cup) finely chopped pecans
- 7 ml (1 1/2 tsp) cinnamon

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SERVING UP A ROUND OF LOVE

How We Met: Janine & Matthew

Names: Janine, 30, and Matthew, 25

Current city: Toronto

Together since: 2008

Their story:

▶ Matthew and Janine

"I (Janine) was at a nightclub in Toronto with a guy friend, dancing and having fun. I was intrigued by a group of about 30 guys in the corner of the club who were all decked out in three-piece suits...

I decided to go and ask why they were all dressed up. The first guy I approached was a handsome man named Matthew. He explained that they were there for a friend's bachelor party. We chatted a few moments and I told him to come find me on the dance floor. A little while later, Matthew came over to dance with me. My guy friend immediately shot him the evil eye. Matthew asked if he was my boyfriend, and I told him he was just a protective friend. My friend ended up getting super jealous and tried to pull Matthew and I apart. I wasn't ready to leave, so I turned to Matthew and asked if it would be okay if I hung out with him at the club. He said yes and we have been together since that night!"

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From travelling libraries to travelling professors

Schools tap into technology and flex-time to cater to busy mature students

JON TATTRIE
VANCOUVER@METRONEWS.CA

Technology and timing are rapidly changing the way continuing education is delivered as schools think outside the box to make programs work for second-career students.

"The (NOW: Nights and Weeknds) program was created in response to the changing needs of adults, who want to earn a degree without having to sacrifice a career or family."
NEIL MATHUR, SFU

The University of Alberta took the bold step of creating a travelling library to bring the university to ordinary people way back in 1912. Today it's drawing inspiration from the TV game show Who Wants To Be A Millionaire?

Christie Schultz, the executive director of the learning engagement office, says it borrows the "ask the audience" feature to allow learners to provide real-time feedback to lecturers about comprehension levels, questions and to connect real-world events to classroom issues.

"You can see the answers your classmates are putting up and you can have a discussion about those responses," she says.

The university also uses "synchronous web conferencing" to bring leading global experts into the classroom via the Internet.

"It's not just about the tools. Excellent instructors, combined with exceptional support teams behind the scene, deserve much of the credit for innovative approaches in teaching and learning in continuing education," Schultz says.

Neil Mathur is the program director of Simon Francis University's SFU NOW: Nights and weekends, which offers its courses outside of business hours.

"The program was created in response to the changing needs of adults, who want to earn a degree without having to sacrifice a career or family," he says.

"We have students who were feeling frustrated at work because they needed a degree to advance, but couldn't attend classes that conflicted with their work and family schedules."

Adults who work more than 30 hours per week are given priority enrolment in specially designed nights or weekend classes, which are offered in three-hour blocks instead of the usual two separate sessions of 1.5 hours.

The program got off to a fast start in September 2008 and lead to rapid expansions of what was offered at the Vancouver and Surrey campuses.

ISTOCK

▶ The Internet has changed the way continuing education is delivered.

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Friday, Nov. 26, 9:30 a.m. – room 305 B	Downtown
Friday, Dec. 3 & 10, 9:30 a.m. – room 305 B	Downtown
Hospitality Management Diploma	
Saturday, Nov. 27, 11 a.m. – room 420	Downtown
TESOL programs	
Tuesday, Nov. 30, noon – room 526	Downtown
ASL & Deaf Studies	
Wednesday, Dec. 1, 6 p.m. – room 2555	Broadway
Esthetics & Hair Design	
Wednesday, Dec. 8, 4:30 p.m. – room 201	Downtown
English for Health Sciences	
Thursday, Dec. 16, 6:30 p.m. – room 1212	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across form VCC/Clark Skytrain station.

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Starting over: A personal tale

Five Canadians share their continuing education experiences as told to Teresa Kruze

CONTRIBUTED

James Milligan
Vancouver
UBC Project Management Certificate

I worked at a major telecom company for over 12 years until I was laid off. I took a course in sustainability management and started my own company, Social Conscience Fair Trade Sports Balls. Having your own business is a struggle, but I feel like I'm making a difference in a small way.

CONTRIBUTED

Joan Dupuis
Ottawa
Ottawa-Carleton Continuing Education

I'm 69 years old and currently working in automotive sales. When I was young, my dad made me quit school and work because there was no money. Now I'm back in class and really enjoying continuing education. I'd like to get into a business that helps the elderly. I'm not retiring yet, I'm too young!

CONTRIBUTED

Jeff Collins
Halifax
Dalhousie University College of Continuing Education

I was an out-of-work prosthetic specialist when my dog injured her knee. Unable to afford the surgery I made her a knee brace and came up with an idea for a company. After enrolling in continuing education I started a prosthetic service for dogs. I now travel the world teaching others the technology I pioneered.

CONTRIBUTED

Tracey Mah-Gillies
Calgary
Mount Royal University Continuing Education

In my first life I was social worker and stay at home mom. I went back to school and got my personal fitness trainers certificate and now I'm running my own business. Continuing education was way too much fun. Right now I'm looking at the brochure figuring out what I'll take next.

CONTRIBUTED

Murat Kaya
Toronto
TDSB Continuing Education

I came to Canada as an aerospace engineer from Turkey. After the events of 9-11, Bombardier laid off 5,000 people. I went back to school to study and I am now an electrical engineer with Ontario Power Generation. Continuing education made me realize what kind of potential I have and where I can go.

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Save, borrow and win money to pay for your education

JON TATTRIE
VANCOUVER@METRONEWS.CA

It's an old business adage that it takes money to make money and that applies to furthering your education to start a second career.

If you plan to continue working with your current employer but in an advanced or different position, talk to your human resources department. Many will partially or fully fund the academic upgrade and could help you plan your next move.

The Canada Student Loans Program, which can be explored at Canlearn.ca, is an option if you're going to be a student at a university, college or trade school working toward a degree, diploma or certificate. CSLP offers loans and grants for full- and part-time students. Interest kicks in at graduation, though you have a six-month grace period after you're done before you have to start paying them back. Typically the most you can borrow for an eight-month study period is $7,140.

StudentAid BC helps eligible students with the cost of their post-secondary education. It offers loans, grants, bursaries, scholarships and special programs and has programs for borrowers who need help repaying their loans.

Most StudentAid BC programs target assistance based on the need of the student, especially cases where students and their immediate families do not have the resources to meet the costs of post-secondary education and living expenses. It also offers scholarships based on merit.

StudentAid BC administers programs on behalf of the Government of Canada including Canada student loans and Canada student grants. Go to aved.gov.bc.ca/studentaid-bc/about.htm.

Check it out

- The Student Financial Assistance Estimator at CanLearn.ca can give students an idea of how much they could qualify for.

ISTOCK

▶ There are lots of options to choose from when financing education for a second career.

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Avoid the ugly in family loans

Sometimes family is the only source for funds Put parameters on the loan so that it won't cost the relationship

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

There's good, bad and ugly debt. Borrowing for an education or a home is good debt, because you've got something to show for it and the asset will appreciate. Bad debt is credit card or credit line debt when you don't know where the money went. Family debt, all too frequently, turns into ugly debt. But sometimes, family is the only source of necessary funds. Here are four ways to make it work.

Put It On Paper

Time passes and even with the best of intentions people can forget or be confused about the terms of the loan. That won't happen if it's written up, signed, dated and a copy given to all parties. Repayment problems can still arise but at least the borrowing conditions will be indisputable.

41% According to a recent study, 41 per cent of adults spend as much as 10 per cent of their income providing financial support to their 23 to 28 year olds.

Make sure you get an IOU.

Consider Interest

Most family loans are interest free but, especially for young adults who may be first time borrowers, charging a small amount of interest teaches them what borrowing is all about.

Specify

A big irritant with family loans is when the money is borrowed for one purpose and then used for something else. For instance, if you loan money to a sibling so they can buy a car for work or purchase clothes for a new job, but instead they go on an expensive vacation, it will create bad feelings between the two of you.

Include the loan's purpose right in the lending document. You probably can't prevent the borrower from blowing the dough but it keeps things clear.

Pay Directly

If you are contemplating lending money to a family member for a particular purpose and you're concerned the funds might get frittered away, bypass the borrower.

For example, if your grandchild needs braces, offer to pay for them directly. There may be some accusations about you being overcontrolling. Stand your ground. It's your money.

Interest rates/ Savings accounts

BANK	RATE
[illegible]	
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

ISTOCK

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

HOW WARREN BUFFETT GOT RICH

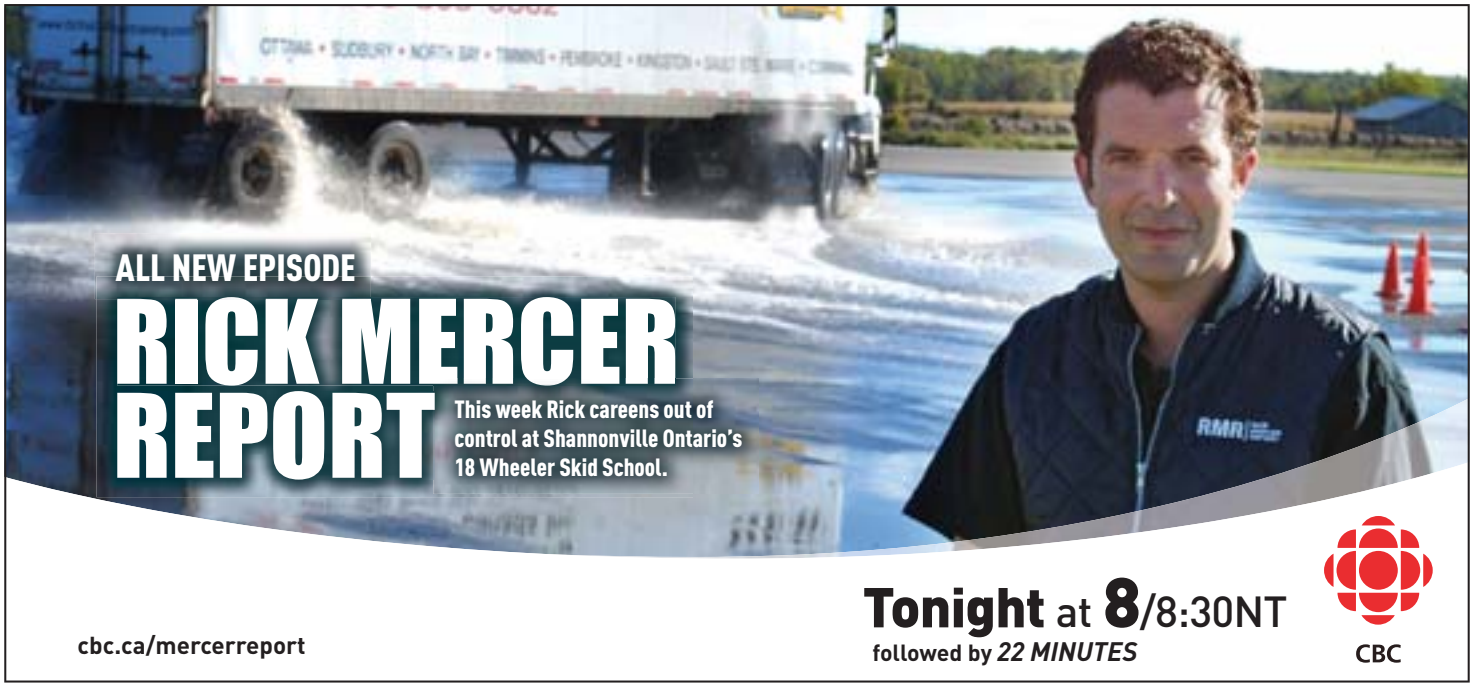
Warren Buffett, is a billionaire because he stuck to a buy-and-hold and value investing stock purchasing strategy. He's been extremely successful at picking quality stocks that grow steadily in the long term. According to Buffett, "Only buy something that you'd be perfectly happy to hold if the market shut down for ten years."

The buy-and-hold approach to stock purchasing is fairly conservative in that the investor purchases very high-quality (non-risky) stocks and holds onto them for years. It is a long-term approach to investing and the investor makes money when the stock appreciates in value and through dividends. Because there's little trading involved, the investor doesn't hop from investment to investment, paying high fees and not realizing the stocks' full potential.

Buffett couples this with the more active and slightly less conservative value investing approach. The same principles apply, but he takes it one step further. Buffett buys quality stock that is beaten down or undervalued due to economic conditions or short-term hiccups. According to Buffett, "Look at market fluctuations as your friend rather than your enemy; profit from folly rather than participate in it."

To implement this strategy, investors must first understand and pay close attention to businesses that have been hit by short-term struggles. If it appears the company can overcome its challenge (and if the research supports this), then an investor can exploit low share prices. For example, many quality companies were hit hard by the financial crisis of 2008-2009. Their share values plummeted even though their fundamental qualities and business practices didn't change. Based on the fact that the quality was still intact, value investors, jumped into the market in the trough, buying high-quality, undervalued stock. and-hold and value-investing approaches conservative to moderate-risk strategies.

Visit Morningstar.com to see what people like Buffett are buying.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4 sports

Canuck captures NL MVP award

Joey Votto named league's top player

Joey Votto became the third Canadian player to win one of baseball's most valuable player awards by claiming the National League honours yesterday in a near unanimous vote over Albert Pujols.

The Cincinnati Reds first baseman from Toronto received 31 of the 32 first-place votes for 443 points, crushing the St. Louis Cardinals first baseman, who picked up the other first-place vote and finished with 279 points.

Carlos Gonzalez of the Colorado Rockies was third with 240 points in balloting by the Baseball Writers' Association of America.

"I didn't think it would be so conclusive," Votto said of his victory margin.

Votto and Larry Walker (1997) are the only Canadians to win the National League award. Justin Morneau won the American League prize in 2006.

"There's something about having guys who have achieved before you that sets a bar you want to reach to," said Votto. "Larry was that for a lot of younger players and, hopefully, I can play a little bit of that role, especially in the Toronto area, where ... we don't have a ton of talent coming up to the major league level.

"Maybe I can be a part of that in some way by letting people know that you can do it, you can get here."

37
Votto batted .324 with 37 homers, 113 RBIs and 106 runs scored in leading the Reds to their first NL Central title since 1995.

The American League MVP will be revealed today.

Votto's remarkable season followed a 2009 campaign that was interrupted by a bout of severe anxiety and depression issues.

One panic attack was so bad he called 911 at three or four in the morning and was taken to hospital because, "it got to the point where I thought I was going to die."

"It was a very, very scary and crazy night," Votto recalled on June 23, 2009, when he came off the disabled list and rejoined the Reds. "It was probably the scariest moment I had ever dealt with in my life."

The Reds wisely provided Votto with time off to deal with his problems and he missed about a month. He finished 2009 strong with a .322 batting average, 25 homers and 84 RBIs.

"I have overcome a lot, and I am pretty proud of myself," Votto said yesterday. "I had a really difficult time for me getting over the death of my father. It's still difficult for me now."

THE CANADIAN PRESS

AL BEHRMAN/THE ASSOCIATED PRESS

▶ Toronto's Joey Votto was elected the National League's most valuable player yesterday, ending the two-year reign of Albert Pujols.

Quoted

"I don't even know if people in Saskatchewan gave us a chance two weeks ago ... you go through ups and downs in the season and people lose faith, but we never did."
ROUGHRIDERS RECEIVER ANDY FANTUZ

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	22	14	6	2	0	78	55	30	9-4-0-0	5-2-2-0	7-2-1-0	W2
d-Washington	22	14	6	1	1	74	64	30	10-1-0-1	4-5-1-0	6-2-1-1	L3
d-Montreal	21	13	7	1	0	53	42	27	7-4-1-0	6-3-0-0	6-4-0-0	L1
Tampa Bay	21	12	7	2	0	65	65	26	5-2-1-0	7-5-1-0	5-5-0-0	W4
Pittsburgh	22	12	8	2	0	69	59	26	5-5-1-0	7-3-1-0	6-3-1-0	W3
NY Rangers	22	12	9	1	0	65	60	25	5-6-1-0	7-3-0-0	6-4-0-0	W2
Boston	19	11	6	0	2	55	38	24	4-4-0-2	7-2-0-0	4-4-0-2	L2
Ottawa	21	10	10	1	0	52	67	21	6-4-0-0	4-6-1-0	6-4-0-0	W1
Atlanta	21	9	9	1	2	68	73	21	5-5-0-1	4-4-1-1	4-5-0-1	W2
Carolina	20	9	9	0	2	63	68	20	5-3-0-1	4-6-0-1	4-4-0-2	L2
Toronto	20	8	9	1	2	47	55	19	6-4-1-1	2-5-0-1	3-5-0-2	W1
Buffalo	22	8	11	3	0	58	68	19	3-7-1-0	5-4-1-0	5-4-1-0	L1
Florida	19	9	10	0	0	52	48	18	5-3-0-0	4-7-0-0	5-5-0-0	L1
New Jersey	21	6	13	1	1	41	65	14	2-5-1-1	4-8-0-0	3-6-0-1	W1
NY Islanders	20	4	12	2	2	44	71	12	2-4-0-1	2-8-2-1	0-8-1-1	L13

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	18	13	3	1	1	66	48	28	9-1-1-1	4-2-0-0	8-1-1-0	W1
d-Los Angeles	20	13	7	0	0	61	49	26	8-1-0-0	5-6-0-0	6-4-0-0	L1
d-Colorado	20	12	7	1	0	72	60	25	6-4-0-0	5-4-1-0	7-3-0-0	W4
Columbus	19	13	6	0	0	55	44	26	6-5-0-0	7-1-0-0	7-3-0-0	W4
St. Louis	19	11	5	1	2	52	51	25	8-0-0-1	3-5-1-1	6-3-0-1	W2
Phoenix	20	10	5	4	1	57	59	25	4-2-2-1	6-3-2-0	7-1-1-1	W6
Chicago	23	11	10	1	1	71	67	24	5-7-0-0	6-3-1-1	4-5-0-1	W1
Vancouver	20	10	7	1	2	58	56	23	6-2-0-1	4-5-1-1	5-4-1-0	L4
Anaheim	23	10	10	2	1	57	69	23	7-3-0-1	3-7-2-0	5-3-2-0	L5
Minnesota	19	10	7	0	2	46	47	22	6-4-0-1	4-3-0-1	5-5-0-0	L1
San Jose	19	9	6	4	0	55	52	22	6-3-2-0	3-3-2-0	4-3-3-0	L3
Dallas	19	10	8	0	1	57	57	21	7-3-0-1	3-5-0-0	5-4-0-1	L2
Nashville	19	9	7	3	0	47	51	21	3-1-3-0	6-6-0-0	4-6-0-0	L1
Calgary	20	8	11	1	0	59	61	17	5-5-0-0	3-6-1-0	2-7-1-0	L2
Edmonton	19	5	10	1	3	49	77	14	2-5-0-1	3-5-1-2	2-6-1-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto 4 Dallas 1
New Jersey 5 Washington 0
N.Y. Rangers 2 Calgary 1
Philadelphia 3 Montreal 2
Columbus 2 Nashville 0
Ottawa 3 Los Angeles 2
Tampa Bay 3 Boston 1
Pittsburgh 3 Florida 2

Sunday's results
Edmonton 4 Anaheim 2
Detroit 5 Calgary 4 (OT)
Phoenix 3 Vancouver 2
Atlanta 2 N.Y. Islanders 1 (OT)

Tonight's games
(All times Eastern)
Edmonton at Phoenix, 9 p.m.

RANGERS 2, FLAMES 1

First Period
No Scoring.
Penalties — Bourque Cal (interference) 0:14, Kostopoulos Cal (roughing), Sauer NYR (boarding) 7:10, Kostopoulos Cal, Sauer NYR (fighting) 10:13, Meyer Cal, Sauer NYR (fighting) 17:06, Callahan NYR (slashing) 18:12.
Second Period
1. N.Y. Rangers, Boyle 9 (Girardi) 2:08
2. Calgary, Iginla 9 (Bouwmeester, Stajan) 5:16
3. N.Y. Rangers, Girardi 2 (Stepan) 12:41 (pp)
Penalty — Glencross Cal (high-sticking) 12:27.
Third Period
No Scoring.
Penalty — Dubinsky NYR (high-sticking) 1:14.
Shots

Calgary	6	11	15	32
N.Y. Rangers	8	8	8	24

Goal — Calgary: Kiprusoff (L,7-10-1); N.Y. Rangers: Biron (W,5-2-0). **Power plays (goals-chances)** — Calgary: 0-2; N.Y. Rangers: 1-2.
Att. — 17,845 (18,200) at New York.

FLYERS 3, CANADIENS 2

First Period
1. Montreal, Lapierre 3 (Pouliot, Halpern) 11:51
2. Montreal, Lapierre 4 (Pouliot, Halpern) 16:07
Penalty — Pronger Pha (cross-checking) 0:24.
Second Period
3. Philadelphia, Leino 4 (Briere, Hartnell) 14:53
Penalties — Hamrlik Mtl (tripping) 0:15, Pouliot Mtl (tripping) 5:58, Coburn Pha (roughing) 16:55.
Third Period
4. Philadelphia, Giroux 12 (Powe, O'Donnell) 1:48
5. Philadelphia, van Riemsdyk 1 (Coburn, Richards) 7:42
Penalties — Halpern Mtl (slashing) 5:53, Hartnell Pha (boarding) 7:13, Briere Pha (holding) 10:21.
Shots

Montreal	15	5	11	31
Philadelphia	9	21	15	45

Goal — Montreal: Price (L,12-7-1); Philadelphia: Boucher (W,3-3-1). **Power plays (goals-chances)** — Montreal: 0-4; Philadelphia: 0-3.
Att. — 19,753 (19,537) at Philadelphia.

LEAFS 4, STARS 1

First Period
1. Toronto, Kulemin 6 (Grabovski, Schenn) 10:52
Penalties — Barch Dal, Orr Tor (fighting) 2:26, Neal Dal (slashing) 7:24, Orr Tor (slashing) 17:16.
Second Period
2. Toronto, Kulemin 7 (Grabovski, MacArthur) 14:05
3. Dallas, Richards 10 (Ott, Eriksson) 15:31
4. Toronto, Bozak 3 (Kadri, Versteeg) 17:07
Penalty — Kadri Tor (hooking) 10:11.
Third Period
5. Toronto, Versteeg 6 19:49 (en)
Penalties — None.
Shots

Dallas	6	9	7	22
Toronto	7	10	10	27

Goal — Dallas: Lehtonen (L,9-7-1); Toronto: Gustavsson (W,3-4-1). **Power plays (goals-chances)** — Dallas: 0-2; Toronto: 0-1.
Att. — 19,266 at Toronto.

SENS 3, KINGS 2

First Period
1. Ottawa, Kovalev 6 (Gonchar, Phillips) 10:00 (pp)
2. Los Angeles, Kopitar 7, 16:17
Penalties — Smyth LA (fighting), Campoli Ott (fighting, roughing; served by Foligno) 6:19, Simmonds LA (tripping) 8:23.
Second Period
3. Los Angeles, Smyth 7 (Williams) 7:52 (pp)
4. Ottawa, Michalek 5 (Alfredsson) 19:04
Penalties — Phillips Ott (interference) 7:02, Gonchar Ott (cross-checking) 8:40, Westgarth LA, Neil Ott (fighting) 11:08, Winchester Ott (hooking) 19:50.
Third Period
5. Ottawa, Spezza 6 (Kovalev, Carkner) 11:19
Penalties — Simmonds LA (high-sticking) 0:43, Hale Ott (interference) 14:04.
Shots

Los Angeles	12	7	11	30
Ottawa	8	7	4	19

Goal — Los Angeles: Quick (L,11-3-0); Ottawa: Leclaire (W,1-3-1). **Power plays (goals-chances)** — Los Angeles: 1-5; Ottawa: 1-2.
Att. — 18,315 (19,153) at Ottawa.

SCORING LEADERS

	G	A	PT
Stamkos, TB	20	15	35
Crosby, Pgh	15	20	35
St. Louis, TB	8	19	27
Semin, Wash	14	12	26
Ovechkin, Wash	10	16	26
B.Richards, Dal	10	15	25
D.Sedin, Vcr	12	12	24
C.Stewart, Col	11	13	24
M.Richards, Pha	9	15	24
H.Sedin, Vcr	2	22	24
Giroux, Pha	12	11	23
Perry, Ana	10	13	23
Roy, Buf	9	14	23
E.Staal, Car	9	14	23
Sharp, Chi	12	10	22
Eriksson, Dal	9	13	22
P.Kane, Chi	8	14	22
Selanne, Ana	8	14	22
Backstrom, Wash	7	15	22
Datsyuk, Det	7	15	22
Hejduk, Col	7	15	22
J.Williams, LA	9	12	21
Getzlaf, Ana	7	14	21
Ladd, Atl	7	14	21
Malkin, Pgh	7	14	21
P.Stastny, Col	8	12	20
Plekanec, Mtl	7	13	20
Zetterberg, Det	7	13	20
Kopitar, LA	7	13	19
Lidstrom, Det	3	17	20
Liles, Col	3	17	20
Dubinsky, NYR	12	7	19
Ryan, Ana	9	10	19
Neal, Dal	8	11	19
Byfuglien, Atl	7	12	19
Heatley, SJ	7	12	19
Toews, Chi	9	9	18
Alfredsson, Ott	8	10	18
Horton, Bos	8	10	18
Marleau, SJ	8	10	18
MacArthur, Tor	7	11	18
Letang, Pgh	3	15	18

CFL

98TH GREY CUP

WEEK 22

Sunday's game
(All times Eastern)
At Edmonton
Montreal vs. Saskatchewan, 6:30 p.m

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result
Sunderland 2 Everton 2

SPAIN

LA LIGA

Yesterday's results
Getafe 1 Zaragoza 1

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	10	4	.714	—
New York	6	8	.429	4
Toronto	5	9	.357	5
New Jersey	4	9	.308	5½
Philadelphia	3	10	.231	6½

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	9	4	.692	—
Atlanta	8	6	.571	1½
Miami	8	6	.571	1½
Charlotte	5	8	.385	4
Washington	4	8	.333	4½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	7	4	.636	—
Indiana	6	6	.500	1½
Cleveland	5	7	.417	2½
Detroit	5	8	.385	3
Milwaukee	5	8	.385	3

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
San Antonio	12	1	.923	—
New Orleans	11	1	.917	½
Dallas	8	4	.667	3½
Memphis	5	9	.357	7½
Houston	3	10	.231	9

NORTHWEST DIVISION

	W	L	Pct	GB
Oklahoma City	10	4	.714	—
Utah	10	5	.667	½
Portland	8	6	.571	2
Denver	7	6	.538	2½
Minnesota	4	11	.267	6½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	12	2	.857	—
Golden State	7	6	.538	4½
Phoenix	7	7	.500	5
Sacramento	4	9	.308	7½
L.A. Clippers	1	13	.071	11

Last night's results
Boston 99 Atlanta 76
Indiana 93 Miami 77
Oklahoma City 117 Minnesota 107
Phoenix 123 Houston 116
San Antonio 106 Orlando 97
Utah 94 Sacramento 83
Denver at Golden State
New Orleans at L.A. Clippers
Sunday's results
Toronto 102 Boston 101
New Orleans 75 Sacramento 71
Detroit 115 Washington 110, OT
L.A. Lakers 117 Golden State 89
Tonight's games
(All times Eastern)
Cleveland at Indiana, 7 p.m.
Atlanta at New Jersey, 7 p.m.
Philadelphia at Washington, 7 p.m.
Charlotte at New York, 7:30 p.m.
Detroit at Dallas, 8:30 p.m.
Chicago at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	11	101	88	308	28.0
Ellis, GOL	13	129	61	337	25.9
Bryant, LAL	14	120	100	359	25.6
Rose, CHI	11	109	45	277	25.2
Nowitzki, DAL	12	112	64	293	24.4
Anthony, DEN	13	117	73	317	24.4
Martin, HOU	12	80	100	285	23.8
Westbrook, OKC	13	95	111	305	23.5
James, MIA	13	102	88	304	23.4
Gordon, LAC	12	93	83	280	23.3
Stoudemire, NYK	14	119	81	324	23.1
Wade, MIA	12	91	82	275	22.9
Gasol, LAL	14	127	65	319	22.8
Scola, HOU	12	110	51	271	22.6
Beasley, MIN	13	115	47	291	22.4
Gay, MEM	14	121	44	307	21.9
Bargnani, TOR	14	112	61	304	21.7
Williams, UTA	14	98	87	302	21.6
Howard, ORL	12	89	79	257	21.4
Granger, IND	11	84	39	234	21.3

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
CHICAGO WHITE SOX—Claimed RHP Waldis Joaquin off waivers from San Francisco.

NATIONAL LEAGUE

CINCINNATI REDS—Agreed to terms LHP Dontrelle Willis on a minor league contract.
HOUSTON ASTROS—Named Tom Lawless manager, Don Alexander pitching coach, Stubby Clapp hitting coach and Eric Montague athletic trainer for Corpus Christi (Texas).
LOS ANGELES DODGERS—Named Dave Hansen hitting instructor, Trey Hillman bench coach, Davey Lopes first base coach and Tim Wallach third base coach.
NEW YORK METS—Named Terry Collins manager.
PHILADEPHIA PHILLIES—Named Mark Parent manager of Reading (EL), Mickey Morandini manager of Williamsport (N.Y.-Penn) and Chris Truby manager of Lakewood (SAL).

BASKETBALL

NBA

WASHINGTON WIZARDS—Signed G-F Alonzo Gee. Waived G Lester Hudson.

NBA DEVELOPMENT LEAGUE

RIO GRANDE VALLEY VIPERS—Signed G Antonio Anderson. Waived C Jordan Eglseder.

FOOTBALL

NFL

LEAGUE OFFICE—Fined Oakland DL Richard Seymour $25,000, for striking Pittsburgh QB Ben Roethlisberger in the helmet in a Nov. 20 game.
CINCINNATI BENGALS—Placed S Chris Crocker and DE Frostee Rucker on the injured reserve list. Signed CB Jonathan Wade. Activated DE Antwan Odom.
MINNESOTA VIKINGS—Fired coach Brad Childress. Named Leslie Frazier interim coach.

HOCKEY

NHL

NEW JERSEY DEVILS—Recalled D Mark Fayne from Albany (AHL). American Hockey League SAN ANTONIO RAMPAGE—Assigned D Nick Ross to Las Vegas (ECHL).

ECHL

LEAGUE OFFICE—Suspended Elmira's Brennan Turner one game and fined him an undisclosed amount for his actions in a Nov. 21 game at Reading. Fined Toledo's Adam Keefe and Florida's Mike Egener undisclosed amounts for their actions in a Nov. 19 game at Florida.

LACROSSE

NLL

CALGARY ROUGHNECKS—Named Bob McMahon defensive coordinator.
MINNESOTA SWARM—Re-signed F Andrew Watt and F Travis Hill to two-year contract extensions and G Nick Patterson and D Matt Kelly to one-year contracts.

SOCCER

MLS

PORTLAND TIMBERS—Acquired D-MF Jeremy Hall from New York for a 2011 third-round draft pick. Acquired an international roster slot for the 2011 and 2012 seasons from the LA Galaxy in exchange for allocation money.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	8	2	0	.800	238	177
New England	8	2	0	.800	289	242
Miami	5	5	0	.500	172	208
Buffalo	2	8	0	.200	213	276
SOUTH						
Jacksonville	6	4	0	.600	220	270
Indianapolis	6	4	0	.600	268	216
Tennessee	5	5	0	.500	257	198
Houston	4	6	0	.400	244	287
NORTH						
Baltimore	7	3	0	.700	233	178
Pittsburgh	7	3	0	.700	235	165
Cleveland	3	7	0	.300	192	206
Cincinnati	2	8	0	.200	215	262
WEST						
Kansas City	6	4	0	.600	243	207
Oakland	5	5	0	.500	238	223
San Diego	5	5	0	.500	274	211
Denver	3	7	0	.300	217	287

NATIONAL CONFERENCE

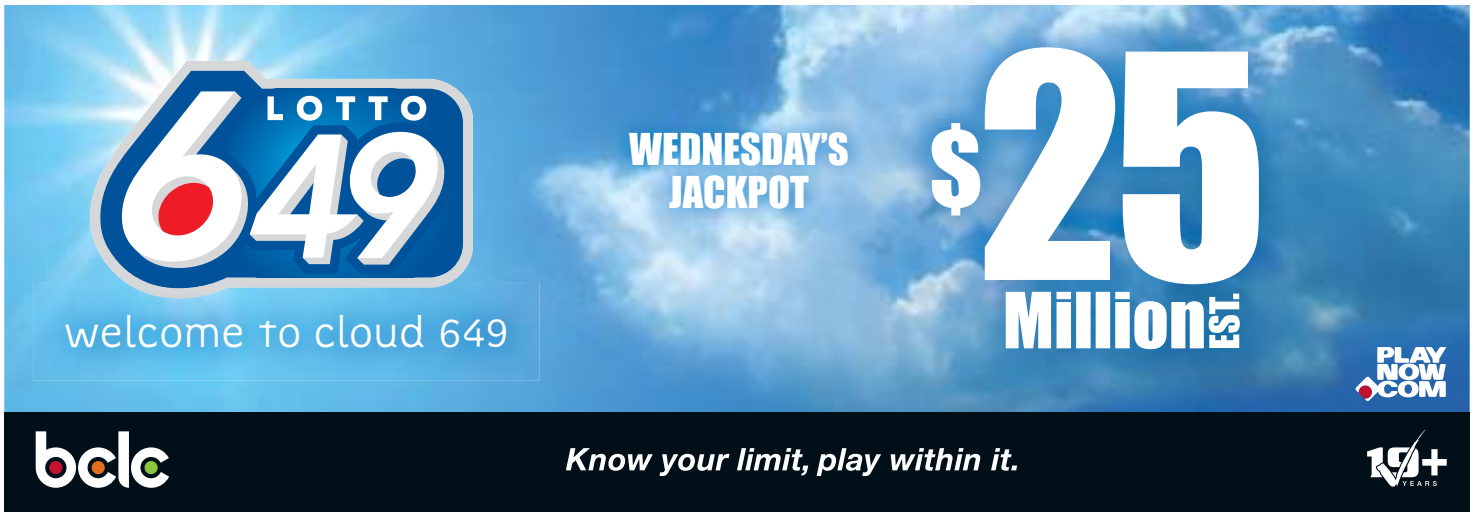
EAST	W	L	T	Pct	PF	PA
Philadelphia	7	3	0	.700	284	226
N.Y. Giants	6	4	0	.600	253	220
Washington	5	5	0	.500	202	245
Dallas	3	7	0	.300	229	271
SOUTH						
Atlanta	8	2	0	.800	256	192
New Orleans	7	3	0	.700	235	170
Tampa Bay	7	3	0	.700	209	206
Carolina	1	9	0	.100	117	252
NORTH						
Chicago	7	3	0	.700	191	146
Green Bay	7	3	0	.700	252	146
Minnesota	3	7	0	.300	172	226
Detroit	2	8	0	.200	234	237
WEST						
Seattle	5	5	0	.500	185	233
St. Louis	4	6	0	.400	177	198
San Francisco	3	7	0	.300	160	219
Arizona	3	7	0	.300	188	292

WEEK 11

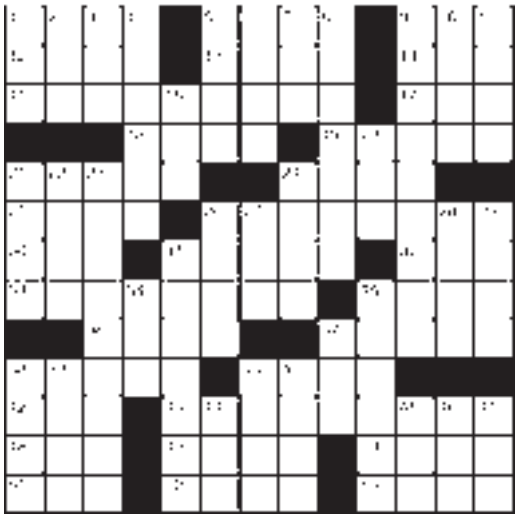
Last night's result
San Diego 35 Denver 14
Sunday's results
Atlanta 34 St. Louis 17
Baltimore 37 Carolina 13
Buffalo 49 Cincinnati 31
Dallas 35 Detroit 19
Green Bay 31 Minnesota 3
Jacksonville 24 Cleveland 20
Kansas City 31 Arizona 13
New England 31 Indianapolis 28
New Orleans 34 Seattle 19
N.Y. Jets 30 Houston 27
Pittsburgh 35 Oakland 3
Tampa Bay 21 San Francisco 0
Washington 19 Tennessee 16 (OT)
Philadelphia 27 N.Y. Giants 17
Thursday's result
Chicago 16 Miami 0

WEEK 12

(All times Eastern)
Thursday, Nov. 25
New England at Detroit, 12:30 p.m.
New Orleans at Dallas, 4:15 p.m.
Cincinnati at N.Y. Jets, 8:20 p.m.
Sunday, Nov. 28
Green Bay at Atlanta, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Washington, 1 p.m.
Pittsburgh at Buffalo, 1 p.m.
Carolina at Cleveland, 1 p.m.
Jacksonville at N.Y. Giants, 1 p.m.
Kansas City at Seattle, 4:05 p.m.
Miami at Oakland, 4:05 p.m.
Philadelphia at Chicago, 4:15 p.m.
St. Louis at Denver, 4:15 p.m.
Tampa Bay at Baltimore, 4:15 p.m.
San Diego at Indianapolis, 8:20 p.m.
Monday, Nov. 29
San Francisco at Arizona, 8:30 p.m.



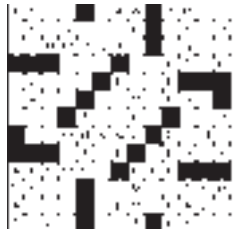
Crossword



Across
1 Baseball headgear
5 Flaccid
9 That woman
12 Sandwich cookie
13 Declare
14 Massachusetts cape
15 Football interplay
17 Carpet
18 Horse of another color?
19 At that point
21 Bewildered
24 Cat call
25 Spiked club
26 Not rigid
30 Blunder
31 French seaport
32 Atmosphere
33 Brownish songbirds
35 Dog bane?
36 Squad
37 Decorates unnecessarily
38 Desert plants
40 St. Vincent Millay
42 "This tastes awful!"
43 Acquired however possible
48 Sheltered side
49 Grand tale
50 Give a darn
51 1960s hallucinogen
52 Cold and clammy
53 Paradise

Down
1 Romaine lettuce
2 Curved line
3 Apiece
4 Evening get-together
5 Dalai
6 Terrible guy?
7 "Family Guy" daughter
8 Alleged purpose
9 Nut
10 Session with a shrink
11 Advantage
16 Extinct kin of the kiwi
20 polloi
21 Iowa city
22 Bank bailout acronym
23 Relieved an itch
24 Disarray
26 Gift-tag preposition
27 Kareem, long ago
28 Told a whopper
29 Geological periods
31 Cooked slowly in a closed pot
34 On pension (Abbr.)
35 Husband-to-be
37 Wildebeest
38 Select from a group
39 Census statistics
40 Ireland
41 Wharf structure
44 Bookkeeper (Abbr.)
45 Wander about
46 Before
47 Lair3 .

▶ Yesterday's answer



Sudoku

		6		1			9	
						7		
1	4	2	8	7				5
2		5	3			1		
				5				
		3			6	2		8
3				8	1	6	2	7
		8						
	5			3		4		

How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved.You solve the puzze with reasoning and logic.

Yesterday's answer ▶

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi Boo, Sorry I have to be away again and the week long trips are the worst. I miss you so much and can't wait to come home and snuggle.
LOVE YOUR BEAR

Glenna, I love you with all of my heart and I want to spend the rest of my life with you. You are the most beautiful person on the planet and I miss your card tricks by the way!
LOVE, JOEL XOXOXO

gorde, I want to wish you a very happy birthday and promise this year will be better than the last.
XTASCY

Samantha babe, you are the most amazing person I've ever met. words cant describe my love for you. i love you, and i always will no matter what. cant wait for the months ahead!
WITH LOTS OF LOVE - AARON

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may have to work twice as hard tomorrow to catch up on the things you should do today, but that's okay. If you're not in the mood to push yourself why force it?

♉ Taurus April 23-May 21 Are you getting something back for the time and energy you are putting in to solving other people's problems? If not, you might like to reconsider your decision to help them.

♊ Gemini May 22-June 21 You don't need to tear everything down and start again. There is precious little wrong with your life as it is, despite what some people may be trying to tell you. Listen to their advice, but feel free to ignore it.

♋ Cancer June 22-July 22 It may seem as if your progress on the work front is limited, but it won't be long before you get some clear signs that you are on the verge of a breakthrough.

♌ Leo July 23-Aug.23 You seem to be having some heavy thoughts today. Most likely it's just the hangover from the party life you indulged in over the weekend finally catching up with you. You can't escape it forever, you know.

♍ Virgo Aug. 24- Sept. 22 You may be the victim of a whispering campaign, but there is no reason to get worked. Most likely it is one disgruntled person stirring things up. Everyone else still likes you.

♎ Libra Sept. 23-Oct. 23 Saturn in your sign makes it difficult for you to understand why people act in certain ways, but there's no point getting annoyed because you won't change them.

♏ Scorpio Oct. 24-Nov. 22 You are at the halfway point of a project and must see it through. If you give up now, you will look back and wonder what might have been. Find that Scorpio staying power.

♐ Sagittarius Nov. 23-Dec. 21 The Sun's move into your sign has filled your head with seriously big plans but don't just throw yourself at them without any thought – that's inviting disappointment. Take your time and get it right.

♑ Capricorn Dec. 22-Jan. 20 Some unfortunate person is going to be on the receiving end of your sharp tongue today. Once you've let off steam make a point of making up again. You need each other.

♒ Aquarius Jan. 21-Feb. 18 Don't take anything too seriously today. Getting worked up about this or that injustice won't make things better. Stay calm and find practical ways to help. It's what you're good at.

♓ Pisces Feb. 19-March 20 You want to help people who are struggling but you also want them to learn to help themselves, so a balance will be necessary. The real effort must come from them.
SALLY BROMPTON

ALIK KEPLICZ/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to metronews.ca — the winning caption will be published in tomorrow's Metro.

PETER MORRISON/THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm.
Dec. 31 • 1 wk.

$1099
+Taxes & other fees: $222

Allegro Varadero • 3 ★

All-Inclusive • Superior rm.
Dec. 24 • 1 wk.

$1479
+Taxes & other fees: $222

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive
Traditional standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.

PRIVILEGES
$1439
+Taxes & other fees: $275

MEXICO

Ixtapa/Zihuatanejo

Tesoro Ixtapa • 3 1/2 ★

All-Inclusive
Deluxe rm.
Jan. 1 • 1 wk.

$1099
+Taxes & other fees: $247

Barceló Ixtapa Beach • 4 ★

All-Inclusive
Superior rm.
Jan. 1 • 1 wk.

PRIVILEGES
$1299
+Taxes & other fees: $247

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive
Junior suite
Dec. 24 • 1 wk.

PRIVILEGES
$1559
+Taxes & other fees: $275

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5 ★

All-Inclusive • Junior suite
Jan. 8 • 1 wk.

$1129
+Taxes & other fees: $240

Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm.
Jan. 22 • 1 wk.

PRIVILEGES
$1169
+Taxes & other fees: $240

Puerto Vallarta/ Riviera Nayarit

Meliá Puerto Vallarta • 4 ★

All-Inclusive
Deluxe garden view rm.
Jan. 1 • 1 wk.

PRIVILEGES
$1529
+Taxes & other fees: $100

USA

Oahu

Park Shore Waikiki an Aqua Hotel • 3 ★

Savy Saver – Hotel rm.
Jan. 17 • 1 wk.

$679
+Taxes & other fees: $109

New York City

Wellington Hotel • 3 ★

Double one-bed rm.
Jan. 10 – 31 • 3 nts.

$799
+Taxes & other fees: $140

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 4D
Mar. 20 • 1 wk.

$1289
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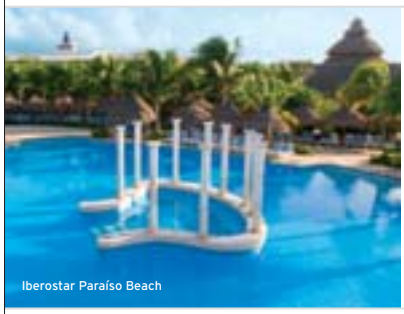
Iberostar Paraíso Beach

IBEROSTAR HOTELS & RESORTS

MEXICO

Cancun/Riviera Maya

Iberostar Paraíso Beach • 4 ★

All-Inclusive • Hotel rm.
Jan. 22 • 1 wk.

$1209
+Taxes & other fees: $240

JAMAICA

Iberostar Rose Hall Beach • 4 1/2 ★

All-Inclusive
Standard garden view rm.
Jan. 7 & 14 • 1 wk.

$1529
+Taxes & other fees: $92

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